



NC Department of Health and Human Services

Introduction to Evidenced-Based Practices for Older Adults

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Aging Adults and Evidenced Based Practices
Conference Salt Lake City, Utah
October 9, 2018

America is Aging

US Census Bureau September 6, 2018 Report:

- By 2030, all baby boomers will be older than age 65. This will expand the size of the older population so that 1 in every 5 residents will be retirement age.
- By 2035, older people are projected to outnumber children for the first time in U.S. history - there will be 78.0 million people 65 years and older compared to 76.7 million under the age of 18.
- By 2020, there will be about three-and-a-half working-age adults for every retirement-age person. By 2060, that ratio will fall to just two-and-a-half working-age adults for every retirement age person.

Utah Population Growth

| Year | Total Population Growth | Age 5 – 17 Growth | Age 18 – 64 Growth | Age 65+ Growth |
|------|-------------------------|-------------------|--------------------|----------------|
| 2018 | 2.2% | 1.3% | 2.1% | 5.5% |
| 2025 | 1.5% | 0.1% | 1.5% | 3.9% |
| 2035 | 1.4% | 1.1% | 1.3% | 2.4% |
| 2045 | 1.2% | 1.0% | 0.9% | 2.8% |

Utah's Long-term Demographic and Economic Projections, Kem C. Gardner Policy Institution, University of Utah, July 1, 2017
<http://gardner.utah.edu/wp-content/uploads/Kem-C.-Gardner-County-Detail-Document.pdf>

Mental Health and Aging in America

- **20% of people age 55 years or older experience some type of mental health concern. The most common conditions include anxiety, severe cognitive impairment, and mood disorders (such as depression or bipolar disorder).**
- **Mental health issues are often implicated as a factor in cases of suicide. Older men have the highest suicide rate of any age group**
- **Men aged 85 years or older have a suicide rate of 45.23 per 100,000, compared to an overall rate of 11.01 per 100,000 for all ages.**

Older Adults Alcohol and Drug Dependency

- There are 2.5 million older adults with an alcohol or drug problem.
- Six to eleven percent of elderly hospital admissions are a result of alcohol or drug problems — 14 percent of elderly emergency room admissions, and 20 percent of elderly psychiatric hospital admissions.
- Widowers over the age of 75 have the highest rate of alcoholism in the U.S.
- Older adults are hospitalized as often for alcoholic related problems as for heart attacks.
- Nearly 17 million prescriptions for tranquilizers are prescribed for older adults each year. Benzodiazepines, a type of tranquilizing drug, are the most commonly misused and abused prescription medications.

National Council on Alcoholism and Drug Dependence. <https://www.ncadd.org/about-addiction/seniors/alcohol-drug-dependence-and-seniors>

Older Adult Behavioral Health Evidenced Based Practices

- **Improving Mood-Access to Collaborative Treatment (IMPACT)**
- **Identifying Depression Empowering Activities for Seniors (Healthy IDEAS)**
- **Certified Older Adult Peer Support Services (COAPS)**
- **Screening, Brief Intervention, and Referral for Treatment (SBIRT)**
- **Program for the All-Inclusive Care for the Elderly (PACE)**
- **Program to Encourage Active, Rewarding Lives (PEARLS)**
- **Senior Reach**
- **Wellness Initiative for Senior Education (WISE)**

Improving Mood-Access to Collaborative Treatment (IMPACT)

- A collaborative care model integrated care that provides both medical and mental health care in primary care and other clinical settings
- An intervention for adult patients who have a diagnosis of major depression or dysthymia, often in conjunction with another major health problem.
- Model is a collaborative, stepped-care approach in which a trained depression care manager (DCM)
- DCM is usually a nurse, social worker, or psychologist—works with the patient, the patient's primary care provider, and a psychiatrist to develop and administer a course of treatment.

IMPACT

- **Individual receives assessment of depressive symptoms and encouraged to engage in behavioral activation – physical activities, pleasant events.**
 - **Individual plan developed to include patient education, self-management support, evidence-based treatments such as medication and/or brief psychotherapy**
 - **Maintenance support and close follow-up is provided once the patient has improved**
 - **If no improvement, referral to specialty mental health services**
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Identifying Depression Empowering Activities for Seniors (Healthy IDEAS)

Integrates depression awareness and management into existing case management services provided to older adults. Improves Quality of Life By:

- Screening for symptoms of depression and assessing their severity.**
- Educating older adults and caregivers about depression.**
- Linking older adults to primary care and mental health providers.**
- Empowering older adults to manage their depressive symptoms through a behavioral activation approach that encourages involvement in meaningful activities.**

HealthyIDEAS

Essential Program Components and Activities

- **Screening for symptoms of depression**
 - **Performing basic assessments for severity of depressive symptoms using a standardized tool**
 - **Educating older adults and caregivers about depression, effective treatment and self-care**
 - **Referring and linking clients to treatment and follow-up with primary care and mental/behavioral health providers**
 - **Empowering clients through behavioral activation**
 - **Assessing client progress and identifying plan to maintain gains or pursue other assistance.**
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Certified Older Adult Peer Support Services (COAPS)

Developed by Cynthia Zubritsky, MD and the Pennsylvania, Department of Aging, the Pennsylvania Office of Mental, Health and Substance Abuse Services (OMHSAS), the University of Pennsylvania's Center for Mental Health Policy and Services Research

- **Designed to train Certified Peer Specialists (CPS) as older adult behavioral health specialists and wellness coaches.**
- **Specialized training in older adult mental health issues for is designed to teach CPS how to work with older adults who have behavioral health problems and addresses a myriad of topics related to physical and mental health in older adults including normal aging, cultural competence, anxiety, depression, trauma, substance use, <http://olderadultpeerspecialists.org/> stages of change and more.**

COAPS

- **Prepares older adults in recovery to provide hope, empowerment, choices and opportunities to other older adults through support and shared experiences. COAPS work with older adults in developing, maintaining and improving positive social supports and networks.**
- **COAPS are trained to work with older adults in a variety of settings such as senior centers, senior housing units, and health clinics.**
- **Peer support is based on the premise of mutuality.**

COAPS

- **Peers represent a form of social support that public health and medical research has long recognized as a beneficial factor enhancing the quality of life and healthy living of persons with any chronic medical conditions.**
 - **Specifically educated in the issues of aging and the principles of wellness and coaching, represent a potent under-utilized resource to help others with serious mental illnesses in the pursuit of physical wellness and improved health outcomes.**
 - **COAPS in Pennsylvania, New Jersey and Massachusetts**
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Screening, Brief Intervention, and Referral for Treatment (SBIRT)

- **Comprehensive, integrated, public health approach to the delivery of early intervention and treatment services for persons with substance use disorders, as well as those who are at risk of developing these disorders.**
- **Used to identify, reduce, and prevent problematic use, abuse, and dependence on alcohol and illicit drugs.**
- **Implementation sites include primary care centers, hospital emergency rooms, trauma centers, and community health settings.**

SBIRT

- **Screening** — a healthcare professional assesses a patient for risky substance use behaviors using standardized screening tools. Screening can occur in any healthcare setting
 - **Brief Intervention** — a healthcare professional engages a patient showing risky substance use behaviors in a short conversation, providing feedback and advice
 - **Referral to Treatment** — a healthcare professional provides a referral to brief therapy or additional treatment to patients who screen in need of additional services
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Program for the All-Inclusive Care for the Elderly

(PACE)

- Medicare and Medicaid program providing comprehensive medical and social services that helps people meet their health care needs in the community instead of going to a nursing home or other care facility.
- Provides the entire continuum of care and services to seniors with chronic care needs while maintaining their independence in their home for as long as possible.

Services:

Adult Day Care

Home Health/Personal Care

Meals

Social Services

Prescription Drugs

Counseling

Medical Care

Respite

Recreation Therapy

<https://www.cms.gov/Medicare-Medicaid-Coordination/Medicare-and-Medicaid-Coordination/Medicare-Medicaid-Coordination-Office/PACE/PACE.htm>

Medical specialties such as dentistry, optometry, audiology

PACE

Interdisciplinary team including a:

- **Nurse**
 - **Occupational therapist**
 - **Primary Care Physician**
 - **Physical therapist**
 - **Social worker**
 - **Speech therapist**
 - **Dietician**
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Program to Encourage Active, Rewarding Lives (PEARLS)

- **Chronic care and collaborative care model**
 - **An intervention for older adults who have minor depression or dysthymia and are receiving home-based social services from community services agencies.**
 - **Program is designed to reduce symptoms of depression and improve health-related quality of life.**
 - **Provides eight 50-minute sessions with a trained social service worker in the client's home over 19 weeks.**
 - **Focus on brief behavioral techniques in which counselors empower individuals to take action and to make lasting changes so that they can lead more active and rewarding lives.**
- <http://www.pearlsprogram.org/>

PEARLS

Counselors use three depression management techniques:

- **problem-solving treatment, in which clients are taught to recognize depressive symptoms, define problems that may contribute to depression, and devise steps to solve these problems;**
 - **social and physical activity planning;**
 - **planning to participate in pleasant events.**
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PEARLS

- **Focuses on teaching each client the skills necessary to move to action and make lasting life changes**
 - **Delivered in the client's home and in the community, primarily through existing service-provision programs**
 - **Takes a team-based approach, involving PEARLS counselors, supervising psychiatrists and medical providers**
 - **Aims to improve quality of life as well as reduce depressive symptoms and**
 - **Well-suited for individuals with chronic illness**
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Senior Reach

- **Community program that identifies older adults who may need emotional or physical support and/or connection to community services.**
- **Provides outreach and education, behavioral health treatment, care management and access to other needed community based services**
- **This community-based, collaborative program identifies older adults who may need emotional support and/or connection to community services who are not seeking support on their own behalf.**

<http://www.seniorreach.org/>

Senior Reach

- **Senior Reach Community Partners are volunteers who are educated to observe behaviors that indicate an older adult may be in need of help. Community Partners contact the Senior Reach Call Center and explain their concern. Our Call Center Specialist will contact the identified senior.**
- **If the older adult agrees, a member of the Senior Reach Team, either a Care Manager or Outreach Clinician, will do a home visit to determine what services are needed. Some older adults who need emotional support will be given the opportunity to have short term counseling provided by a Senior Reach Outreach Clinician.**

Wellness Initiative for Senior Education (WISE)

Curriculum-based health promotion program that aims to help older adults increase their knowledge and awareness of issues related to health and the aging process. Program objectives:

- understand how lifestyle choices and behaviors impact health**
 - learn to use tools and feel empowered to manage health care, particularly regarding the use of medications**
 - understand the aging process and how it affects the metabolism of alcohol and medications**
 - develop an appreciation for cultural and generational diversity, including their own increasing age**
 - recognize the early signs and symptoms of depression**
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WISE

- **Six-lesson WISE curriculum is delivered by trained substance abuse prevention specialists at small-group sessions held weekly over a 6-week period.**
- **Each lesson lasts 2–3 hours and normally includes breakfast or lunch.**
- **The lessons are presented through a mix of lecture, discussion, small-group activities, and individual exercises.**
- **Participants also are given tools and resources for use at home, helping to increase the likelihood that they will put into practice and share what they have learned**

Contact Information

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